

# Instant Vegan Camping Food: Black Bean Soup

## Ingredients

- 3 cups cooked black beans (1/2 lb. dried beans, reconstituted or 2 cans)
- 1 medium-sized onion, cut into half-moons
- 3 cloves garlic, thickly sliced
- 2 medium-sized carrots, sliced
- 1 bay leaf
- ¼ cup powdered coconut milk
- 1 tsp. chili powder
- 1 tsp. ground cumin
- 1 tsp. [tomato powder](#)
- 1 tsp. nutritional yeast
- ½ tsp. salt
- ¼ tsp. citric acid
- ¼ tsp. black pepper

## Steps

1. Wash and chop your vegetables. If using canned beans, drain and rise them. Preheat your dehydrator to 125°F (°C). Arrange your beans, onions, garlic, and carrots across a few dehydrator trays, making sure they remain in a single layer. Place the trays in your dehydrator, and dehydrate until all the beans and vegetables are dry. First check around 8 hours, but it will likely take 12 or longer.

2. Once the vegetables are dry and brittle, place them in a blender or food processor, along with one bay leaf, and blend until they've reached a fine powder. Add the remaining ingredients, and blend or pulse to combine. Store the powder in an air-tight container until needed.

3. To rehydrate soup, add boiling water and stir well. Depending on how thick or thin you want your soup, add between ¼ cup- ¾ cup of water to 2 tbsp. dried soup. Whisk well, let sit for a couple minutes to rehydrate, and whisk again. You can also rehydrate this soup in a pot on the stove or fire.

